

2025 CO-ED VOLLEYBALL RULES

League Registration

1. For a game to be scheduled, every player on the said teams must be registered on the Titan Sports & Performance Center website.
2. Guest players may play on a scheduled gameday upon registration at the front desk.
3. Guest players may join and fill in for any missing member(s) of a team on game day if and only if approved by both teams
4. Guest players must play at the same level of who they are subbing for. B. For playoff games, please reach out to the Sports Corrdinator in charge for approval of guest players.
5. Players looking to join a team mid-season must register on the Titan Sports & Performance Center website and be approved by Sports and Programs Manager Ryan Hill or by Sports and Programs Coordinator Makayla Morris.

League Attire

1. Proper athletic attire is required.
2. All players must wear a short sleeve, or long sleeve athletic style t shirt.
3. All players must wear either athletic shorts or leggings/tights.
4. All sports accessories, such as headbands, sleeves, braces, etc. are permitted.
5. All jewelry besides necklaces/chains that stay tucked are not permitted to be worn during the game. This includes all earrings, bracelets, and rings.
6. Apple or any smart watches may be worn if with the purpose of tracking fitness, all other watches are not permitted to be worn.
7. Athletic tennis shoes are required to be worn. Relaxed fitted shoes such as Hey Dudes or Crocs are permitted to be worn as well. No boots, sandals, flip flops, or any other type of shoes are allowed.

League Game Format

1. Games will be played for 3 sets.
2. Sets will be played to 25 points. A team must win by at least 2 points. For example, if the score is 24-24, then if a team scores and gets 25 they have not yet won. They must score again to ensure at least a 2 point lead.
3. If each team wins one set, there will be a third set scored to 15. Home team will receive the ball first.
4. Both teams will be given a 45-second timeout that they can use once per set. These timeouts can't be stacked so you are only allowed to use 1 per set.
5. In the event of an injury, a officials timeout will be called.

Pre-Game:

1. Players must find the scoring table and sign the paper next to their name to register their attendance per game.
2. Players may practice and hit around freely before the game begins.
3. Home teams will receive the ball first.

League Game Arrival Rules

1. A 10-minute grace period is given to any players that have not yet arrived at their scheduled game. If the grace period has passed then the team will forfeit their first set. After that there will be 10 more minutes given for arrival, if they don't show up in time then the game is forfeited. (This does not apply to playoffs/championships. In that event the game must be rescheduled.)
2. Guest players may join in the above situation.

League Team Format Rules

1. There is no limit on how many can be on your team, However,. Only 6 players are allowed the court at a time.
2. There must be AT LEAST one woman on the court playing at all times, even during rotations.
3. There must be a Team Captain for every team that can be easily contacted to distribute news to their team. The Team Captain is decided by the people on the team.

League Gameplay Rules

1. There must be 4-6 players on the court at all times. If a team plays with 4, then the opposing team can decide to play with less but is not required to.
2. There is no libero.
3. Rotation rules are in effect.
4. Three touches per side.
5. No "doubling" where you touch the ball twice in a row without someone else touching it.
6. Ball will be deemed out of bounds if it goes over the net but outside of the pole.
7. Standard serving rules.
8. Players may reach above, below, and over the net as long as they do not create contact with an opposing player and they don't touch the net. If either of those things happen then the other team will receive a point.
9. No back row attacks are allowed.

Note: The Sports Corrdinator of the league may change rules/schedule at the discretion of the benefit of the league operations.

